



DELHI PUBLIC SCHOOL, GANDHINAGAR

Academic session 2021-22

Event Report

Title: International Yoga Day	Date: 21st June'21
Venue: Virtual class rooms	Class: Nursery & LKG

“Yoga is an invaluable gift of India's ancient tradition. “

Yoga is not just for adults; it is a great way to guide tiny tots to follow a healthy routine. Yoga helps children to enhance their concentration, memory, strength and flexibility.

Delhi Public School Gandhinagar celebrated the International Yoga day on 21st June 2021 for LKG and Nursery Students to convey the message of keeping mind and body fit through Yoga asana.

The excitement of the students was clearly visible on virtual zoom window screen as they geared up to follow the instructions of their teachers. Students performed various yoga poses, warm up exercises, sitting and standing asana, meditation and breathing techniques demonstrated by the teachers. Students were encouraged to practice regular yoga to remain fit and healthy. Parents have also joined the session with same excitement and joy.

